



Knowing about the
normal stages
of adaptation can
help you to be more
accepting of yourself.

Stress Management & Diabetes...

Learning to manage stress in a positive way is extremely important for your well-being. Stress, short- and long-term, has a big effect on your diabetes. Do yourself a favor and learn about managing stress. You will be healthier and feel healthier when you manage your stress well.



Exercising, eating well,
achieving normal blood glucose
and blood pressure can help to
reduce your stress level.



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2,000 copies of this document were printed by the
Department of Health at a cost of \$.14 per copy.

Rev. 01/07



Emotions, Diabetes, & You



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Finding Out You Have Diabetes

Do you remember how you felt during the first weeks after you were told you had diabetes?

Feelings About Diabetes...

It is normal to go through several stages of adapting to diabetes: denial, anger and depression, bargaining, and acceptance. You may find that you go through the stages in order or you may "skip" forward or backward in the process.

Caring For Yourself...

You are the most important person on your health care team. Take good care of yourself and learn how to make sensible, healthy choices. You need to be responsible in directing your diabetes care, because you are the only one who knows all that is "going on" with you.



You are not your diabetes. You are still the same person that you have always been; you just happen to have diabetes. Remember that diabetes does not have a life of its own.

Denial

Denial is a period of disbelief about having diabetes. Denial can range from not accepting the diagnosis to seeing diabetes as "no big deal."

Anger and Depression

When reality starts to sink in you may think, "Why me?" or, "This just isn't fair!" Anger can be expressed verbally to family, friends, or anyone close to you. When you received the news that "it is diabetes," you may have felt a sense of loss about life as it once was. With loss can come depression. Common signs are changes in usual eating and sleeping patterns, feeling like being alone, increased tension and anxiety, or feeling "really down."

Bargaining

The third stage is bargaining. Bargaining is an attempt to have some control over your situation. For example, "If I just eat more vegetables and skip the desserts, I won't have to take insulin shots."

Acceptance

The final stage is acceptance and develops gradually. You have reached acceptance when you can say; "I have diabetes. It won't go away. I am going to have to make some lifestyle changes. I know that I can do this and still be me."